

## **FAMILY PLANNING PROGRAM**

### **Health Educational Materials**

741-A Sunset Avenue, Room 100, Honolulu, HI 96816  
Phone: (808) 733-9030 Fax: (808) 733-8355

All of the education materials are available at no cost. To order educational materials, please complete the Family Planning Educational Material Request Form and fax it to DOH/Family Planning Program Office at 733-8355.

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***Birth Control & You*** - A brief comparative description of birth control methods stating, *How it works, How it is used, Benefits, Concerns, and How well does it work.* (3-3/8" x 9" fold-out brochure)

**Condom Pocket Calendar Card** - A brief description on how to use a condom; STD/AIDS and Family Planning information phone numbers; and a calendar on the reverse side. (2¼" x 3½" card)

***Emergency Contraception*** - An explanation of what Emergency Contraceptive Pills (ECPs) are, when to use them, how they work, their side effects, and how to obtain them. (4" x 9" brochure)

***Emergency Contraception Pills (ECPs) – Instructions for Use*** - Identifies the types of oral contraceptives that may be used for emergency contraceptives and how and when to take them. (3½" x 8½" card)

**Emergency Contraception Wallet Cards** - Explains what Emergency Contraceptive Pills (ECPs) can do and provides the Emergency Contraceptive Hotline phone number. (2" x 3½" folded card)

**Family Planning Pocket Calendar Card** - Provides the phone numbers of family planning clinics on each island in the state and has a calendar on the reverse side. (2¼" x 3½" folded card)

***Fertility Awareness and Natural Family Planning*** - Explains "fertility awareness" as a means to increase chances of pregnancy or prevent pregnancy, and the advantages of utilizing fertility awareness as a method. (4" x 9" brochure)

***"Hi, my name's Kevin."*** - Narrative of how a sixteen year old guy's life changes when he becomes a teenage father. Lists facts and telephone numbers of agencies that provide assistance. (4" x 9" brochure)

***Is Your Period Late?*** - Covers *Why is your period late, What should I do, Where should I go, What if the results [of a pregnancy test] are..., and What if I don't know what to do,* with a listing of family planning clinics' phone numbers and other important phone numbers. (4¼" x 9" brochure)

***It's Never Too Late...Communicate!*** - Provides a checklist for parents to find out how they communicate with their children; then discusses communication, influences, listening, risk taking behaviors, setting examples, understanding risky behaviors, and lists phone numbers for parent education and family support agencies. (5-3/8" x 9" brochure)

***Parenthood! Think About It!*** - Covers ten things to consider and discuss with your partner before becoming responsible for parenthood, especially for adolescents and young adults. (4" x 9" brochure)

***Puberty Facts for Girls*** - Explains puberty for girls, changes to expect, various aspects of menstruation, and hygiene and lifestyle. (4" x 9" brochure)

***Puberty Facts for Girls and Boys*** - Presents puberty facts for girls in one section and puberty facts for boys in another section, both in a question and answer format. Includes a common glossary. (4" x 9" brochure)

***SEX: Decisions! Decisions!*** - Briefly describes different methods of birth control choices for couples that don't want a pregnancy now. (4" x 9" brochure)

***Teen HelpCards*** (available for ***Hawaii, Kauai, Lanai*** and ***Molokai, Maui, and Oahu***) - Lists the names and phone numbers for free or low cost help and information resources appropriate for teenagers on each of the islands. (2¼" x 3½" cards)

***The Effectiveness of Contraceptive Methods*** - Shows, in bar graph form, the effectiveness of different methods of contraception in terms of how many women out of a 100 get pregnant the first year they try to use the methods. On the reverse side of the card are the names and phone numbers of family planning providers on each island. (5½" x 4¼" card)

***Try Wait!*** - Presents, in cartoon form, a discussion of many considerations for waiting rather than having sex now, lists some information resource phone numbers, and opens up into a poster sized graphic concerning pregnancy and sexually transmitted disease questions and facts. (4" x 8½" fold-out brochure)

***Your first pelvic exam*** – Explains what a pelvic exam is, when it should first be done, what happens before, how to make the exam easier, and what happens during the visit. (4" x 9" brochure)

### **Translated Materials**

Available in Arabic, Armenian, Cambodian, Chinese, Hindi, Hmong, Korean, Laotian, Punjabi, Russian, Tagalog, Vietnamese

***Contraceptive Information Sheets*** (Emergency Contraceptive Pills, Birth Control Pill, Condoms and Foam, Birth Control Shot, IUD)

***Contraceptive Consent Forms*** (same methods as above)

Available in Marshallese and Chuukese

***Aloha! How are You? Family Planning and Information about Birth Control*** – Easy to read version to be used in a face-to-face session with a Family Planning Educator.

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The following pages are the Family Planning Educational Material Request Form.

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# Family Planning Educational Material Request Form

Family Planning Program, 741-A Sunset Avenue, Room 100, Honolulu, HI 96816

Phone: (808) 733-9030 Fax: (808) 733-8355

Name & Title \_\_\_\_\_ Date \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ E-Mail \_\_\_\_\_

ITEM	TITLES	AMOUNT
_____	<i>Birth Control &amp; You</i> .....	_____
_____	Condom Pocket Calendar Card.....	_____
_____	<i>Emergency Contraception</i> .....	_____
_____	<i>Emergency Contraception Pills (ECPs) – Instructions for Use</i> .....	_____
_____	Emergency Contraception Wallet Cards.....	_____
_____	Family Planning Pocket Calendar Card.....	_____
_____	<i>Fertility Awareness and Natural Family Planning</i> .....	_____
_____	<i>“Hi, my name’s Kevin.”</i> .....	_____
_____	<i>Is Your Period Late?</i> .....	_____
_____	<i>It’s Never Too Late...Communicate!</i> .....	_____
_____	<i>Parenthood! Think About It!</i> .....	_____
_____	<i>Puberty Facts for Girls</i> .....	_____
_____	<i>Puberty Facts for Girls and Boys</i> .....	_____
_____	<i>SEX: Decisions! Decisions!</i> .....	_____
_____	Teen HelpCard - HAWAI’I.....	_____
_____	Teen HelpCard - KAUA’I.....	_____
_____	Teen HelpCard - LANA’I/MOLOKA’I.....	_____
_____	Teen HelpCard - MAUI.....	_____
_____	Teen HelpCard - O’AHU.....	_____
_____	<i>The Effectiveness of Contraceptive Methods</i> (card).....	_____
_____	<i>Try Wait!</i> .....	_____
_____	<i>Your first pelvic exam</i> .....	_____

◆ Available in Arabic, Armenian, Cambodian, Chinese, Hindi, Hmong, Korean, Laotian, Punjabi, Russian, Tagalog, Vietnamese

\_\_\_\_\_ *Contraceptive Information Sheets* (Emergency Contraceptive Pills, Birth Control Pill, Condoms and Foam, Birth Control Shot, IUD)..... \_\_\_\_\_

\_\_\_\_\_ *Contraceptive Consent Forms* (same methods as above)..... \_\_\_\_\_

◆ Available in Marshallese and Chuukese

\_\_\_\_\_ *Aloha! How are You? Family Planning and Information about Birth Control* \_\_\_\_\_

– Easy to read version to be used in a face-to-face session with a Family Planning Educator.

Other: \_\_\_\_\_  
\_\_\_\_\_

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The Family Planning Program may also have materials from other sources in limited quantities. These materials include topics on family planning, birth control, women's health, reproductive health, sexuality, sexually transmitted diseases (STD), and HIV/AIDS. Please write or call the Family Planning Program at 733-9030 for other inquiries. Most pamphlets and brochures usually indicate the source of publication and may be ordered directly from the source.

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**UPON RECEIPT OF ORDER, PLEASE SIGN AND DATE BELOW AND FAX THIS FORM TO HEALTH  
EDUCATOR NEAREST YOU**

**SENT BY** \_\_\_\_\_ **DATE** \_\_\_\_\_

**RECEIVED BY** \_\_\_\_\_ **DATE** \_\_\_\_\_

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